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NUTRIMETER



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FOR CHOOSING FOODS THAT PROVIDE NUTRIENTS YOU NEED

Suppl to no 1304
1975

How to Use the NUTRIMETER

- 1** Place all arrows at "0" on nutrient bars.
- 2** For each food you eat during the day, move arrows to the right the distance that represents the percent of the U.S. Recommended Daily Allowance (U.S. RDA) provided by the food. Likewise, move arrow for calories to represent calories in foods eaten. The percent of the U.S. RDA and the calories in a given size serving may be shown on the nutrition information panel of food labels (see sample on back) or in the USDA publication, "Nutrition Labeling . . . Tools for Its Use" available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.*
- 3** If at the end of the day all arrows reach 100 percent, your diet has as much of the 7 nutrients as most persons need. Your diet probably has enough of many other nutrients too, if it is made up of foods from these groups—milk and milk products; meat, poultry, fish, eggs, dry legumes and nuts; vegetables and fruit; and whole grain and enriched breads and cereals. Depending on your sex and age, you may not need as much as 100 percent of the U.S. RDA. (See "Percent of U.S. RDA for You" on right panel.)
- 4** You can count calories using the NUTRIMETER. If you need to gain or lose more than a few pounds, check with your physician.

*A "Nutrimer Student's Guide" and a "Nutrimer Teacher's Guide" are also available from the Superintendent of Documents.

Choose Daily from Each of These Groups



MILK



MEAT

VEGETABLE AND FRUIT

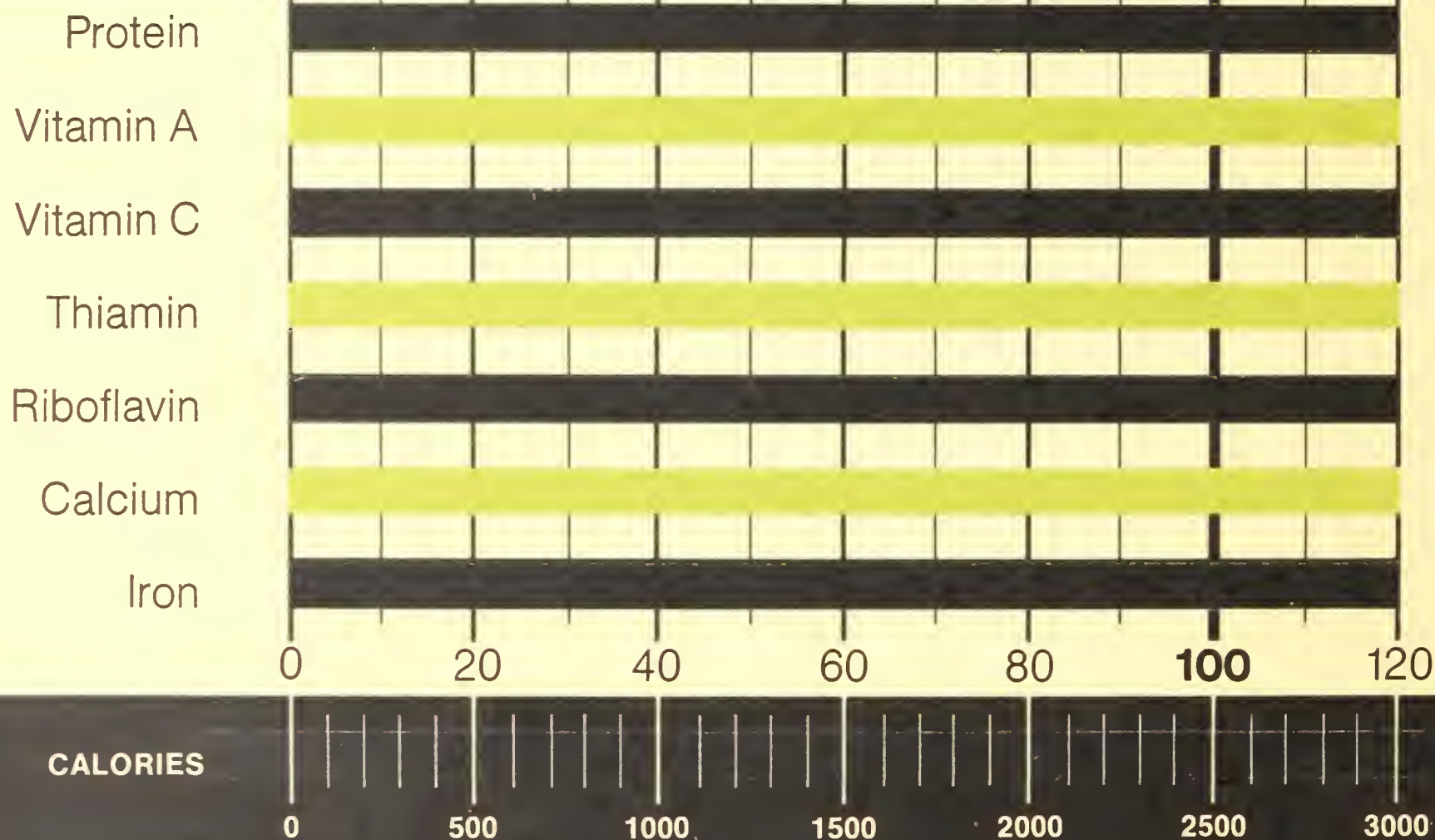


BREAD AND CEREAL

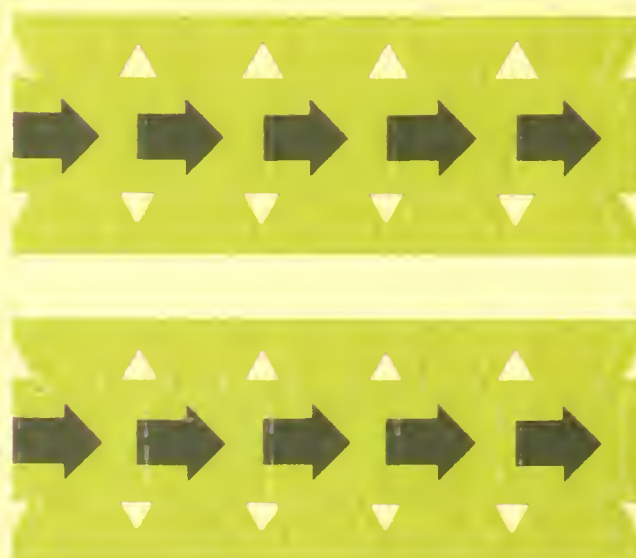


**USE
OTHER FOODS AS NEEDED
TO ROUND OUT MEALS**

PERCENT OF NUTRIENTS FOR A DAY (U.S. RDA)



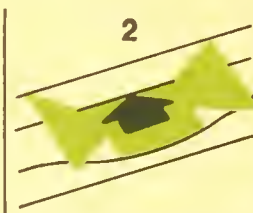
CUT ALONG DASHED LINE



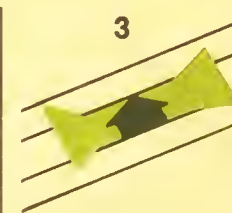
Punch out arrows and insert in slotted card as shown



1
Bend up side wings of arrow slightly, and insert top tab of arrow under top slot.



2
Lift slot at bottom enough to insert bottom tab of arrow. Be sure wings are outside slots.



3
Final appearance. "CALORIES" arrow should point down; all other arrows point up (see other side of this flap).

Percent of U.S. RDA for You

Years of age				Woman*		Man
	4-6	7-10	11-18	19-50	51+	19+
PROTEIN	50	55	85	75	75	90
VITAMIN A	50	70	100	80	80	100
VITAMIN C	70	70	75	75	75	75
THIAMIN	60	80	100	75	70	100
RIBOFLAVIN	65	75	110	85	65	110
CALCIUM	80	80	120	80	80	80
IRON	60	60	100	100	60	60

*Allowances for pregnant and nursing women are higher.

Some Important Sources of Nutrients

Protein

Poultry
Lean Meat
Fish
Cheese
Eggs
Peanut butter
Dry beans and
peas, nuts

Vitamin A

Liver
Cantaloup
Dark green and
deep yellow
vegetables
Apricots
Peaches
Watermelon
Butter, margarine

Vitamin C

Broccoli
Brussel sprouts
Cauliflower
Citrus fruit
and juice
Greens
Strawberries
Cantaloup
Peppers

Thiamin

Lean pork
Nuts
Whole grain and enriched
bread and cereals

Riboflavin

Milk
Cheese
Greens
Whole grain and enriched
bread and cereals

Calcium

Milk
Cheese
Ice cream
Collards, kale, turnip and
mustard greens

Iron

Liver, heart, kidney
Lean meat
Dry beans and peas
Dried fruit
Greens, Molasses

Look for Nutrition Labels on Foods You Buy

NUTRITION INFORMATION

(Per Serving)

Serving size—1 cup

Servings per container—2

CALORIES	190
PROTEIN	14 g
CARBOHYDRATE	17 g
FAT	8 g

Percentage of U.S. Recommended Daily
Allowance (U.S. RDA)

PROTEIN	30	RIBOFLAVIN	8
VITAMIN A	50	*NIACIN	10
VITAMIN C	10	CALCIUM	2
THIAMIN	4	IRON	10

*Niacin is not shown on the NUTRIMETER. A diet that provides the U.S. RDA for protein provides enough niacin.

Use Information with the NUTRIMETER



U.S. DEPARTMENT OF AGRICULTURE
AGRICULTURAL RESEARCH SERVICE
CONSUMER AND FOOD ECONOMICS INSTITUTE

WASHINGTON, D.C.
ISSUED MAY 1975